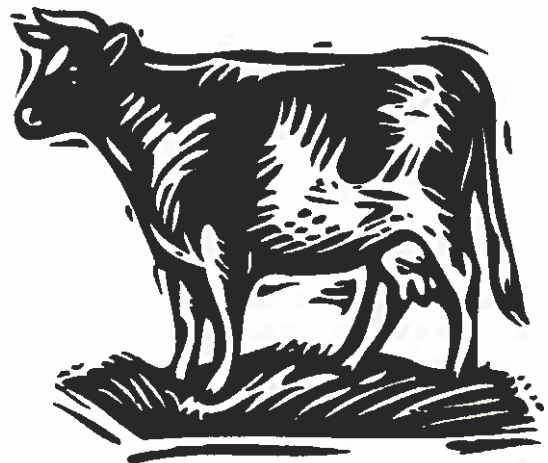


ELDERLY STREAM

JUNE 2015





MARY & IRA SHEPARD

LILLIAN BAILEY

MARIE VOGELSANG

ARDIS "PUTT" PRICE

WAYNE HIGGINS

ELDA VELE

ROSELLA SCHAAF

MARILYN MILLER

SUZANNE HILL

EDGAR "MORT" GARDNER

ROSE BOWMAN

YVONNE CREAPEAU

CHARLENE MALONE

ELDA DICKIE

JYLES "WEEGIE" BOWMAN

VERNON CHURCH

MATT POWLESS

DAN PETERS



If you would like to be mentioned for get well wishes or if you know of anyone that needs to be mentioned, please call the center at 793-4236

For those if you that have loved ones in the nursing home or hospital, please let us know if it is okay to publish in our Newsletter so that other Elders may send a card to them.

Thank You

THINKING OF ALL ELDERS



BIRTHDAY GREETINGS

QUINTON BOWMAN 6/18

ELLEN MOORE 6/4

DONNIE DODGE 6/28

LINDA NEUSER 6/30

YVONNE CREAPEAU 6/16

WAYNE PETERS 6/15

ELDA DICKIE 6/21

ARDIS PRICE 6/9

PATTI EXFERD 6/20

JAN REDCLOUD 6/29

AUDREY FRANK 6/12

DARLENE REIF 6/5

BETTY JONSSON 6/23

MARY L. SHEPARD 6/7

MARGARET LESPERANCE 6/16

BETTY SCHIEL 6/12

DOUGLAS MARR 6/18

ELLEN SCHREIBER 6/7

SHERRY MCCOWAN 6/2

MELINDA SHRINER 6/18

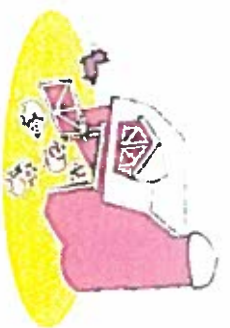
ROGER MILLER 6/11

WALTER SMITH 6/1

VIOLET MILLER 6/2

DAVE TOUSEY 6/24

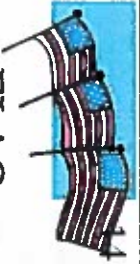

May
S M T W T F S
1 2
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10 11 12 13 14 15 16
17 18 19 20 21 22 23
24 25 26 27 28 29 30
31



June 2015



July
S M T W T F S
1 2 3 4
5 6 7 8 9 10 11
12 13 14 15 16 17 18
19 20 21 22 23 24 25
26 27 28 29 30 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	GREEN BEAN POTATO 1 BAKE HAM, COLBY CHEESE, ONION, POTATOES, MUSHROOM SOUP, MAYONNAISE, SOUR CREAM WATERMELON	RING BOLOGNA 2 POTATOES BRUSSEL SPROUTS CUCUMBER FRUIT SALAD w/ STRAWBERRIES, BANANA	CHICKEN SOUP w/ 3 POTATO DUMPLINGS FRESH VEGIE PIZZA CRESCENT ROLL, MUSHROOM, BROCCOLI, CARROTS, PEPPERS APRICOTS	BAKED POTATO 4 PORK ROAST PEAS FRESH FRUIT CHEESE SLICES BAVARIAN APPLE TORTE	WAFFLES & BERRIES 5 BOILED EGGS SAUSAGE HOT OR COLD CEREAL FRESH FRUIT JUICE	Milk, Fruit Juice, 6 Coffee & Water & Bread Served with every Meal
7 LASAGNA 8 CORN, GARLIC BREAD THREE GREEN SALAD SLICE TOMATO CRANBERRY BARS	BAKED CHICKEN 9 BROWN RICE BROCCOLI RASPBERRY CUSTARD KUCHEN	BEAN & VEGETABLE 10 SOUP HAM, GREAT NORTHERN, LIMA, PINTO, RED, BLACK EYE, GREEN & RED PEPPER M&M DREAM BARS	MUSHROOM BEEF 11 PASTA MIX VEGETABLES RAW VEGGIES ORANGES PISTACHIO PUDDING	VEGGIE OMELET 12 HASH BROWNS TOAST HOT & COLD CEREAL FRESH FRUIT JUICE		13
FLAG DAY 	CHOP SUEY 15 RICE/NOODLES PORK BEETS SUGAR FREE ICE CREAM w/BERRIES	LOADED POTATO 16 CASEROLE BACON, GREEN BEANS MIXED VEGGIES CARROT CAKE	CHEMION 17 MEMORIAL DERBY BIRTHDAY MEAL NOON MANY TRAILS PARK	BBQ RIBS 18 POTATOES CARROT, BROCCOLI CASEROLE APPLES BANANA SPLIT PUDDING	PANCAKES 19 CANADIAN BACON HOT OR COLD CEREAL FRESH FRUIT JUICE	20
FATHERS DAY 21 	SALSBURY STEAK 22 RICE/GRAVY ZUCCHINI COTTAGE CHEESE GRAPES DUMP CAKE w/BERRIES	TURKEY BREAST 23 SWEET POTATOES BROCCOLI LETTUCE SALAD PEAR HALVES	GREEN PEPPER SOUP 24 GROUND BEEF, TOMATO SAUCE, RICE, GREEN PEPPERS, ONION, DICE TOMATO CUCUMBERS w/DRESSING SUGAR FREE JELLO BERRIES	BAKED FISH 25 POTATOES BROCCOLI COLE SLAW RASPBERRY PUDDING PARTATT'S	EGGS, CHEESE, 26 SAUSAGE ON A BUN HASH BROWNS YOGURT HOT OR COLD CEREAL FRESH FRUIT JUICE	MENU 27 SUBJECT TO CHANGE
SUMMER BEGINS 28	CHICKEN 29 ALFREDO OVER NOODLES SPINACH DATE PUDDING	ROAST BEEF & 30 GRAVY OVER BREAD GREEN BEAN BROWN RICE CHOCOLATE CHEESE TORTE				

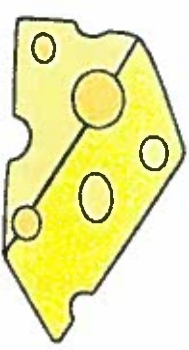


May

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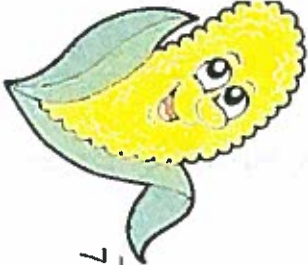

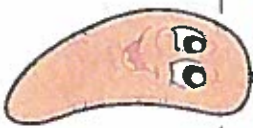
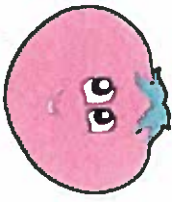


June 2015



July

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>7</div>	<div>1MOHICAN BINGO 3:45 P.M.</div>	<div>2STEERING COMM. MTG. 10 A.M. STEPPING ON 9:30 A.M. - 11:30 A.M.</div>	<div>3ELDERLY SONG BINGO 1 P.M.</div>	<div>4RUMMY ROYAL 1 P.M.</div>	<div>5FARMER'S MARKET VOUCHERS 9 A.M. - 10:30 A.M. ELDERLY CENTER SHAWANO SHOPPING</div>	<div>6CHAIR EXERCISES MON. & WED. 11:15 A.M.</div>
	<div>8DIETITIAN - MARGIE P. - 11:30 A.M. BINGO 1 P.M.</div>	<div>9STEPPING ON 9:30 A.M. - 11:30 A.M. COMM. HEALTH SERA J. - 1 P.M.</div>	<div>10CHAIR EXERCISE BINGO 1 P.M.</div>	<div>11GREEN BAY SHOPPING</div>	<div>12SHAWANO SHOPPING</div>	<div>13</div>
<div>14FLAG DAY</div>	<div>15POTLUCK BINGO 5 P.M.</div>	<div>16STEPPING ON 9:30 A.M. - 11:30 A.M.</div>	<div>17CHEMON MEMORIAL FISHING DERBY 10 A.M. - 2 P.M. BIRTHDAY MEAL MANY TRAILS PARK</div>	<div>18ICE CREAM TRIP BIRNAMWOOD 1 P.M.</div>	<div>19SHAWANO SHOPPING</div>	<div>20</div>
<div>21FATHER'S DAY</div>	<div>22BINGO 1 P.M.</div>	<div>23STEPPING ON 9:30 A.M. - 11:30 A.M.</div>	<div>24PAINT BIRD HOUSES 1 P.M.</div>	<div>25ROYAL RUMMY 1 P.M. SHAWANO SHOPPING</div>	<div>26BREAKFAST 7 AM - 9 AM ALZHEIMER'S PRESENTATION 10 A.M. - NOON ELDERLY CENTER FARMERS MARKET STARTS @ NOON NORTSTAR PARKING LOT</div>	<div>27ACTIVITIES SUBJECT TO CHANGE</div>
<div>28</div>	<div>29POTLUCK BINGO 5 P.M.</div>	<div>30STEPPING ON 9:30 A.M. - 11:30 A.M.</div>				

Stockbridge-Munsee Elderly Steering Committee Regular monthly meeting May 5, 2015

Committee members present: Ellen Schreiber, Betty Schiel, Floyd Williams, Penny Jashinsky, Margaret Lesperance, Muriel Sereda and Leonard Welch.

Others present: Steve Davids, Kristy Malone, Laura Moede and Nikki Bowman.

The meeting was called to order at 10:04am by Leonard Welch, followed by a moment of silence.

Approval of agenda- motion by Betty S with the additions under Old Business River Access update, Elevated Gardens and Trip to St. Croix seconded by Margaret L to approve the agenda all in favor motion carried.

Approval of the Minutes of April 7, 2015- motion made by Penny J seconded by Floyd W to approve the minutes Betty abstained was not present at meeting all in favor motion carried.

Treasurer's Report: A review of the report was given motion by Ellen S seconded by Floyd W to approve the Treasurer's Report all in favor motion carried.

Manager Report: Manager reviewed the report, Informational only.

Activities Report: Activity Coordinator reviewed report discussion on the availability to purchase gift for Bingo. Motion by Muriel S seconded by Penny J to raise the amount all in favor motion carried.

Old Business:

Tent, table chair rental waiting for quote from Y Worry rental discussion on tables and chairs available in the community for the Chemon Derby.

The cost for the Chemon Fishing Derby posters will be taken care of. River access is being worked on will see if any updates are available. Raised gardens some discussion. St. Croix trip discussion an interest/ sign- up sheet will be available.

New Business:

Discussion on Revision of Program Activities eligibility policy. Bring back your thoughts and ideas to the scheduled June meeting.

Activities Coordinator is requesting a gas card to present to the club who will be bringing approximately 15 cars for show on July 25, 2015. Motion made by Muriel S seconded by Betty S

to approve the gas card all in favor motion carried. Elders will be able to vote on cars for best of show.

Activities Coordinator is requesting supplies for the Chemon Fishing Derby June 17, 2015. Motion made by Muriel S seconded by Penny J all in favor motion carried.

Proposed 2016 Budget:

Motion made by Floyd W seconded by Betty S to submit the Proposed 2016 Activity Budget with the addition of a Christmas Party all in favor motion carried.

Comments: The comment box was empty

Motion by Floyd W seconded By Betty S to adjourn the meeting, all in favor motion carried.

Meeting adjourned at 11:30 a.m.

Respectfully,

Nikki Bowman



29th Annual CHEMON WELCH MEMORIAL FISHING DERBY



**MANY
TRAILS
PARK**

PRIZES FOR THE

1st Fish Caught
2nd Fish Caught
3rd Fish Caught

CRAZIEST FISHING HAT

50/50 Drawing

Fishing starts at 10 a.m.

S/M Elderly Steering Committee
will be selling raffle tickets for:

1ST PLACE:

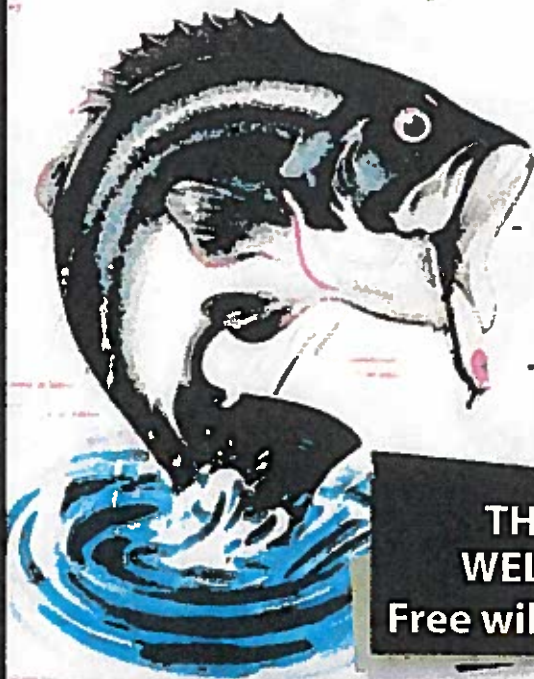
\$300 Cash

2ND PLACE:

\$150 Cash

3RD PLACE:

\$100 Cash



Tickets \$1.00 each or 6 for \$5.00

THE COMMUNITY IS
WELCOME TO ATTEND.
Free will offering appreciated.

TRAINING OPPORTUNITY

“Understanding & Responding to
Dementia Behaviors”

Friday, June 26th

10 a.m. – 12 noon

At the Elderly Center

Speaker: Vicki Johnson

of the Alzheimer’s Association of
Wisconsin

PUBLIC IS WELCOME

Please call to let us know you are coming
So we have enough materials on hand



SWITCH THE FAT

Replace saturated fats with unsaturated fats!



Where Are Unsaturated Fats?

There are two types of unsaturated fats -- polyunsaturated fats and monounsaturated fats.

You can find monounsaturated fats in foods like avocados, nuts, canola oil, sunflower oil, and olive oil.

You can find polyunsaturated fats in safflower oil, flaxseeds, fatty fish, and walnuts.

Quick Switch Ideas

To replace butter with canola or olive oil, start with sautés or stir fries — dishes that just use a little fat to help cooking.

From there, you can move on to soups, and more! You can even dip bread in olive oil rather than slathering it in butter.

Why Use Oil Instead?

Both butter and olive oil are calorie-dense, high-fat foods. But there is a significant difference in the types of fats they contain. Butter is rich in saturated fat, which can increase a person's risk of chronic disease. According to the Dietary Guidelines for Americans, "A strong body of evidence indicates that higher intake of most dietary saturated fatty acids is associated with higher levels of blood total cholesterol and low-density lipoprotein (LDL) cholesterol. Higher total and LDL cholesterol levels are risk factors for cardiovascular disease."

Unsaturated fats, on the other hand, promote heart health and contain some nutrients, making them a great substitute for saturated fats. Choose olive oil or canola oil instead of butter!



SELL-BY DATES

How long will that food actually last?

"Sell By" Tips and Tricks

Here are some key points to remember, especially with perishable refrigerated items...

- For the freshest product, buy the "youngest" options available.
- Keep these foods refrigerated. Store coolers in your car to keep the food as cold as possible before it gets home.
- Refrigerate the food immediately once you get home.
- Freeze perishable foods if you're unable to eat them within a reasonable amount of time.

If the food has any kind of off odor, flavor, or appearance, pitch it.

What Does the Date Mean?

Fresh refrigerated products like milk, meats, fish, and poultry are perishable. Most have "sell by" dates. Stores must sell these products by the printed dates or discard them.

Packages frequently have words like "best by" or "use by" on them. Note that they don't say "do not eat" after the date. Those dates are provided by the companies as a way for you to judge the quality and freshness of the product. Putting these dates on packages is entirely at the discretion of the manufacturer.

"Sell by" dates should be taken seriously, especially with fresh items. However, these "sell by" dates do not mean that the food in your refrigerator needs to be destroyed after this date.



**Stockbridge-Munsee Elderly Services
Satisfaction Survey Spring 2015**

1. Are you an active participant at Stockbridge-Munsee Elderly Services? Please check the services you use.

☐ Elder Visitor

☐ Meals

☐ Chore Work

☐ Respite Care

☐ Transportation

☐ Elderly Benefit Specialist

☐ Activities

☐ Loan Closet

2. On a scale from 1 (low) to 5 (high) how would you rate the following areas in our Elderly services?

Meals _____

Activities _____

Benefits _____

Transportation _____

Visiting _____

Chore Services _____

Respite Care _____

Info & Assistance _____

3. Are the meals served satisfactory? Yes No

How would you rate the portions served:

At the meal site: Too much - Enough - Not enough

Home Delivered: Too much - Enough - Not enough

Comments _____

4. Are the staff members at the Elderly Center courteous, respectful and helpful to you? Yes No

Comments _____

5. Are you treated well by other Elders while you are at the Elderly Center? Yes No

Comments _____

6. Do you participate in and satisfied with activities held at the Elderly Center? **Yes** **No**

What NEW activities would you like to see?

What OLD activities should we take a break from?

7. Do you receive, read, enjoy and/or contribute to the monthly newsletter the 'Elderly Stream'? **Yes** **No**

What added information would you like to see printed in the newsletter? _____

8. Do you use the Chore Worker service and are you satisfied with their work. **Yes** **No**

Comments _____

9. When it comes to benefits or services do you know where to go for help? **Yes** **No**

Comments: _____

10. Do you know what the Elderly Steering Committee does and who your representatives are? **Yes** **No**

(Meetings are held monthly on the first Tuesday, 10 a.m. at the Elderly Center, please join us)

Comments _____

11. Is there anything we can add to our services that you think would benefit our community

Elders? _____

Current Elderly Steering and Nutrition Advisory Committee Members are:

Leonard Welch, Sr.

Betty Schiel

Penny Jashinsky

Muriel Sereda

Ellen Schreiber

Floyd Williams

Margaret Lesperance

Chairman

Vice-Chair

Secretary

Treasurer

Committee Member

Committee Member

Committee Member

We do have a Comment/Concern box at the Center for your Suggestions, concerns etc....

You can also contact us via our website at mohican.com or E-mail the Manager at kristy.malone@mohican-nsn.gov

**Thank you for your time and your comments are appreciated!
Please return your completed survey to the SM ELDERLY
CENTER, P.O. BOX 70, BOWLER, WI 54416.**

We are excited about the grant we received to build a new elderly center here in our community. The project is getting underway with plans for construction beginning in 2016 and a new building by 2017!!



SQUARE FOOT GARDENING BASICS

August, 2014

SOURCES:

<http://fyi.uwex.edu/garden2table/files/2010/07/square-foot-gardening082009.pdf>

ITEMS NEEDED: 1" X 6" lumber, screws
 Slats or strips for dividing bed
 Compost and peat moss

Begin by building a frame no wider than 4 feet and 6-8 inches deep. The length depends on how large a garden you want. A common starting point is a perfect square 4 feet by 4 feet, giving you 16 one-foot squares or a rectangle 4 feet by 2 feet resulting in 8 one-foot squares. 1"X6" lumber is good and can be fastened with deck screws. Be sure you can easily reach all squares because you will not be walking on the beds.

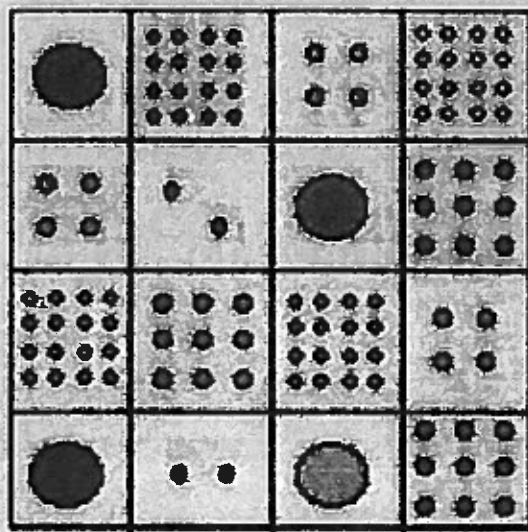
If you want a bigger garden, separate the beds with small walkways. Fill the frames with a mixture of half compost and half peat moss. No soil. Be sure to buy true compost because it will provide all the nutrients your plants need and the peat moss will help retain moisture.

On the top of each bed place a grid dividing the area into 1 foot squares. This is what makes the system work. No planting in rows. If you like rows design your one foot squares all in a row but plant the vegetables in the recommended design. Grids can be made from any material such as wood, plastic or metal. Screw them into place and leave them on top of the garden all season.

Now it's time to plant. Use the recommended planting distance on the seed package or transplant stake. If the plants should be 12 inches apart plant only one plant in a square. If 6 inches, four can be planted and if 4 inch spacing then 9 can be planted.

Do not pack down the soil or over plant. Water only as much as the plants need. The soil will act like a sponge. However when plants are small you may need to water more often to keep the top layers wet.

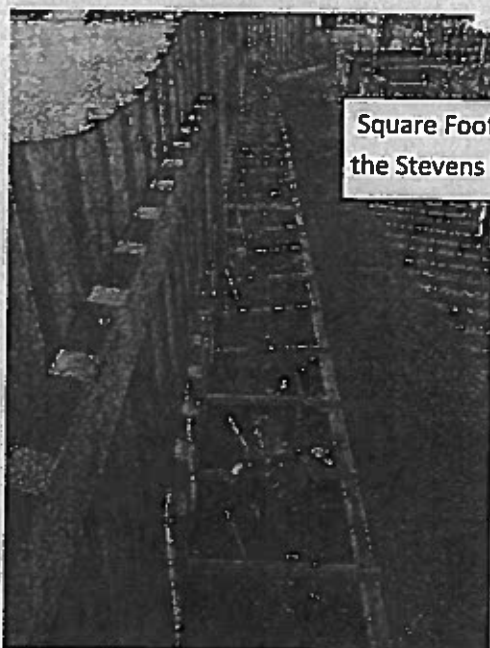
As the crop matures you can harvest, add more compost and plant a new crop.



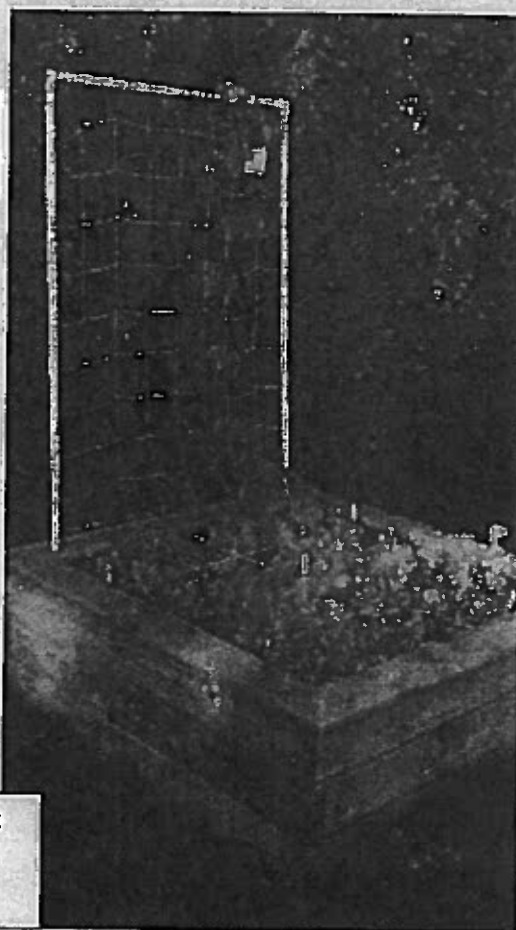
SQUARE FOOT GARDENING BASICS — *continued*

How many plants per square?

Potatoes 1	Sweet potatoes 1	Beets 9	Eggplant 1
Carrots 16	Turnips 9	Radish 16	Cucumber 1
Onion (larger) 9	Broccoli 1	Green (string) 9	Peas 9
Corn 4	Kale 1	Cabbages 1	Peppers 1
Lettuces			
Fancy 4	Pumpkins 1	Melons 1	Squash 1
European greens 4	Tomatoes 1	Parsley 4	Basil 4
Chards 4	Spinach 9	Oregano 4	Corn 4



Square Foot Gardens at
the Stevens Point YMCA



A Square Foot Garden of greens at
the Church of the Intercession,
Stevens Point

It's Farmers' Market Voucher Time!



What is the Senior Farmers' Market Nutrition Program (FMNP)? The Senior FMNP offers eligible low-income seniors the opportunity to purchase fresh, locally grown fruits, vegetables and herbs from certified farmers. The goals of the Senior FMNP are:

- To provide fresh, nutritious, unprepared fruits, vegetables and herbs from farmers' markets and roadside stands to low income seniors, and
- To increase the consumption of agricultural commodities by expanding or aiding in the expansion of farmers' markets and roadside stands.

Who is Eligible? (All three are required)

- Shawano County Resident
- Age 60 or above, or Native American age 55 years or above
- Has a monthly household income of \$1815 or less for one person or \$2456 for two people (which would be 185 percent of the federal poverty guideline).

How Does the Program Work? Enrolled seniors will receive vouchers worth \$25 per household. These vouchers may be used to purchase locally grown fresh fruits, vegetables and herbs at approved farmers' markets or roadside stands. A list of approved markets or roadside stands will be provided. These vouchers are good until October 31, 2015.

How Do I Get Vouchers If I Can't Come to a Distribution Site? If you are homebound, or unable to get to a distribution site due to a disability, you may send a signed statement with your authorized representative stating this person has been designated to apply for certification on your behalf or request a standard proxy form from the Shawano County Aging Unit. Your representative may be required to provide your proof of age and your income.

How Do I Get More Information?

Contact Shawano County Aging Unit at 715-526-4686 or toll free within Shawano County at 1-866-526-2130 and ask to speak to Lynnae Zahringer.

Stockbridge-Munsee	Friday, June 5	9:00 to 10:30	Stockbridge-Munsee Elderly Center, N8651 Maplewood Street, Bowler
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RANDOM THOUGHTS AS WE AGE...

The biggest lie I tell myself is... "I don't need to write that down, I'll remember it."

Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and three sizes smaller!

Last year I joined a support group for procrastinators. We haven't met yet.

I don't trip over things, I do random gravity checks.

Old age is coming at a really bad time!

Lord grant me the strength to accept the things I cannot change, the courage to change the things I can & the friends to post my bail when I finally snap.

I don't have gray hair. I have "wisdom highlights". I'm just very wise.

My people skills are just fine. It's my tolerance to idiots that needs work.

Teach your daughter how to shoot, because a restraining order is just a piece of paper.

If God wanted me to tough my toes, he would've put them on my knees.

The kids text me "plz" which is shorter than please. I text back "no" which is shorter than "yes".

**I'm going to retire and live off of my savings. Not sure what I'll do
that second week.**

When did it change from "We the people" to "screw the people"?

Even duct tape can't fix stupid ... but it can muffle the sound!

**Why do I have to press one for English when you're just gonna
transfer me to someone I can't understand anyway?**

Of course I talk to myself, sometimes I need expert advice.

Oops! Did I roll my eyes out loud?

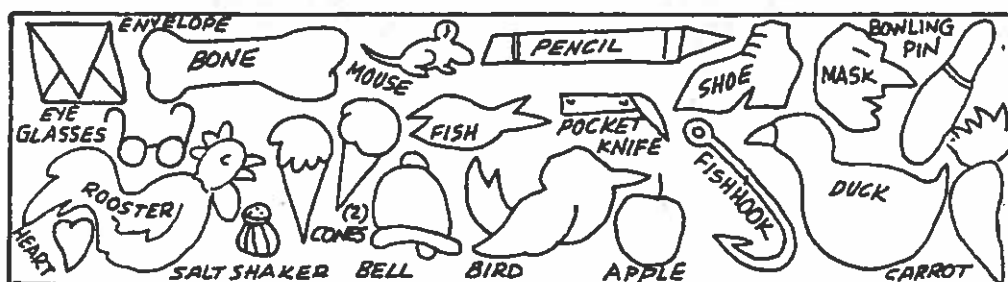
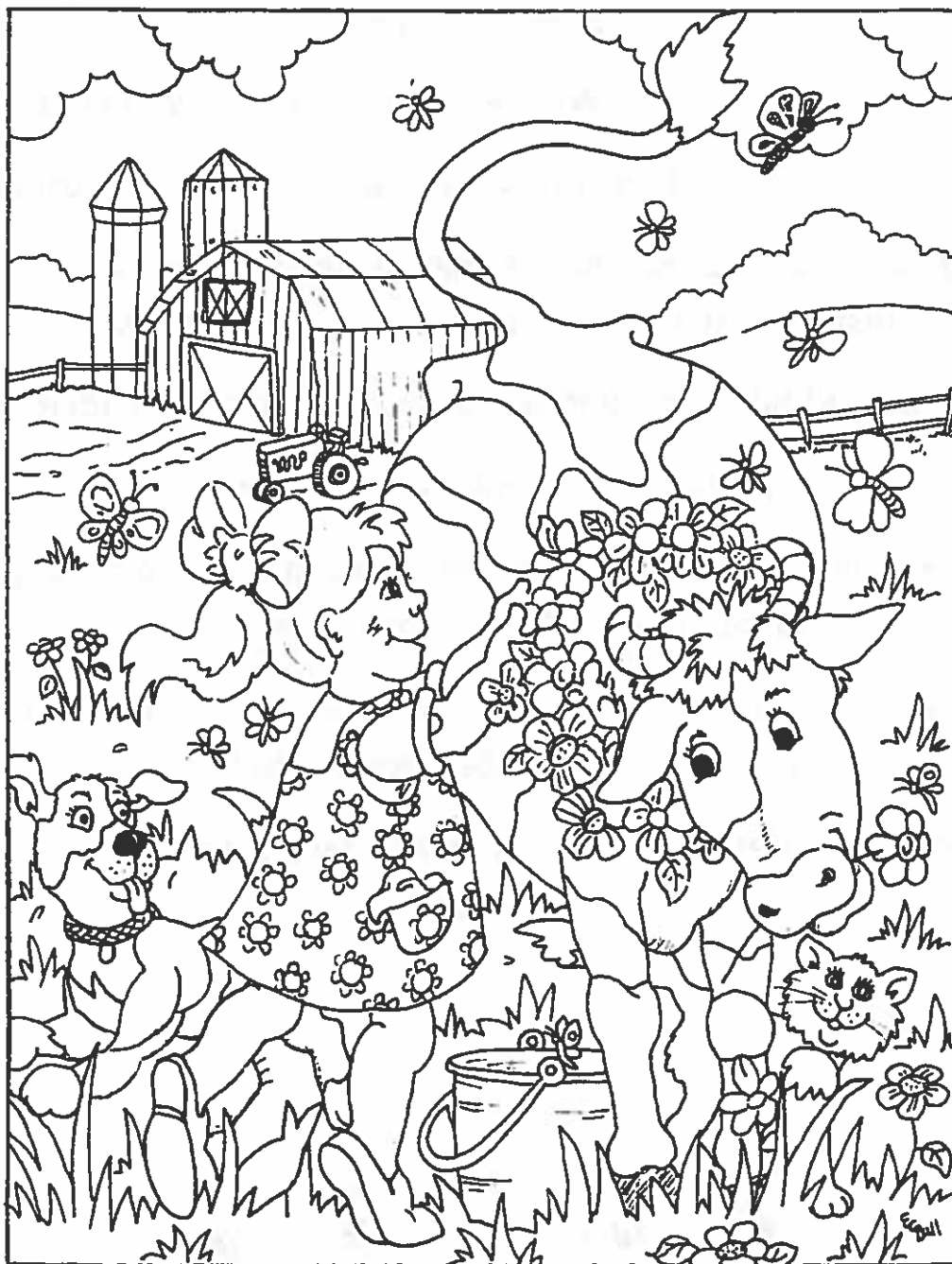
**At my age "Getting lucky" means walking into a room and
remembering what I came in there for.**

**Chocolate comes from cocoa which is a tree ... that makes it a plant
which means ... chocolate is Salad !!!**

**And, of course ... Have I sent this to you already ... or did you send this
to me?**

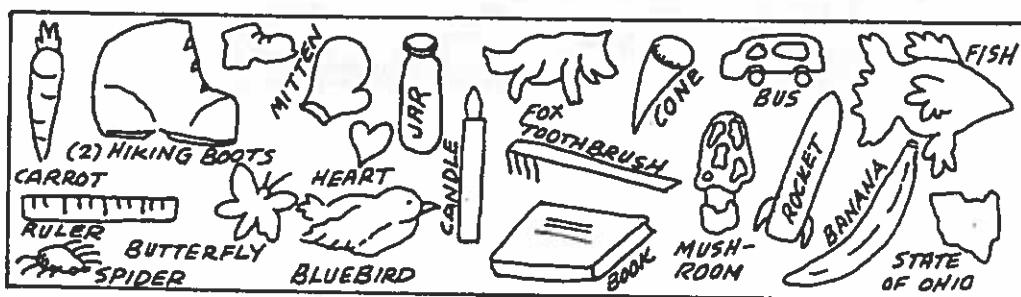


Hidden Picture Puzzle: Life in the Country



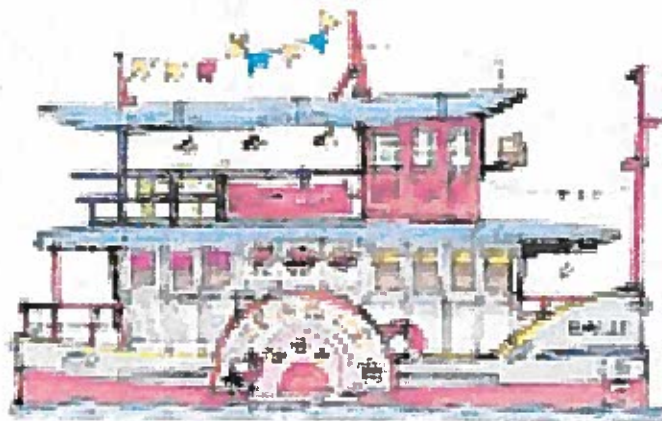
Free worksheet provided by www.elcivics.com. Copyright Liz Ball. To order Liz's hidden picture puzzle books, send \$5.95/book plus \$2.50 shipping to: Hidden Pictures, P.O. Box 63, Tipp City, OH 45371.

Hidden Picture Puzzle: Chickens



Free worksheet provided by www.elcivics.com. Copyright Liz Ball. To order Liz's hidden picture puzzle books, send \$5.95/book plus \$2.50 shipping to: Hidden Pictures, P.O. Box 63, Tipp City, OH 45371.

We are looking to see if we have Elders interested in a trip over night to Wisconsin Dells or Fort Folle Avoine near Danbury, or a day trip to Waupaca for a Boat ride. The sheets are at the Elderly Center if you would like to sign up or if anyone has any suggestions for other places please give Laura Moede a call 715-793-4240, I can get interest sheets set up at the Elderly Center. Thank you!



shutterstock 85625428

Ingredients

- *Crisco Original No-Stick Cooking Spray**
- *1 (12.35 oz.) package Pillsbury Sugar Free Chocolate Fudge Brownie Mix**
- *3 tablespoons Crisco Pure Vegetable Oil**
- *1/2 cup Smucker's Sugar Free Seedless Blackberry Jam, plus 2 tablespoons for garnish**
- *1 large egg**
- *3/4 cup sugar free frozen whipped topping, thawed**
- *2 tablespoons Smucker's Sugar Free Hot Fudge Topping, for Garnish**

Directions

- 1. HEAT oven 350 F. Coat 9 inch spring form pan with no-stick cooking spray. Combine brownie mix, oil, ½ cup jam and egg in large bowl. Stir 50 strokes. Spread in prepared pan.**
- 2. BAKE 40 – 45 minutes or until toothpick inserted in center comes out clean. Cool completely. Remove sides of pan.**
- 3. SPREAD whipped topping to within ½ inch of outer edge. Place 2 tablespoons jam and hot fudge topping into corner of two separate reseal able plastic bags. Knead until smooth. Cut small tip off corner. Drizzle over whipped topping, first with hot fudge and then with jam. Chill 30 minutes. Cut into wedges to serve.**



**THANK YOU FOR PARTICIPATING IN THE
HIDDEN BLACK & WHITE EGGS HUNT IN APRIL STREAM**

**WE HAD 19 PARTICIPANTS AND 8 PARTICIPANTS WHO ANSWERED
CORRECTLY WITH 41 EGGS ALL 8 NAMES WERE PUT INTO A BUCKET
AND WE DREW OUT 3 NAMES AND THEY RECEIVED A GIFT CARD EACH**

RUTHIE EGGERT

JEANNIE VELE

JERRY DAVIDS

Brownie Cupcakes with Peanut Butter Frosting

30 MIN

Prep Time

60 MIN

Total Time

12

Servings



Ingredients

Brownies

- 1 box Betty Crocker™ fudge brownie mix

Water, vegetable oil and eggs called for on brownie mix box

Betty Crocker™ Decor Selects candy sprinkles, nonpareils or colored sugars, if desired

Peanut Butter Frosting, if desired

- 1 cup Betty Crocker™ Rich & Creamy vanilla frosting (from 16 oz container)

1/3 cup peanut butter

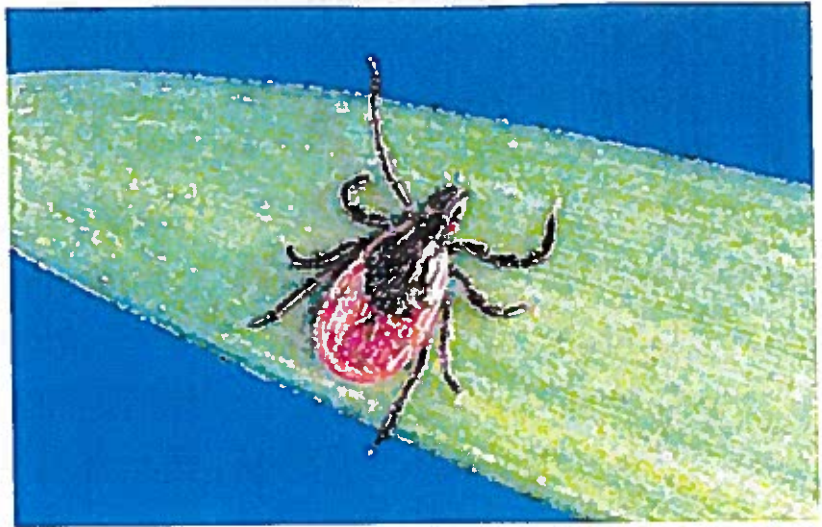
2 to 3 teaspoons milk

Directions

1. Heat oven to 350°F. Place paper baking cup in each of 12 regular-size muffin cups. Make brownie batter as directed on box. Fill cups about 3/4 full (about 1/4 cup each).
2. Bake 25 to 28 minutes or until toothpick inserted near edge comes out almost clean. Cool 5 minutes; remove from pan. Cool completely.
3. In small bowl, mix all frosting ingredients until smooth and spreadable. Spread frosting over brownies; sprinkle with candy sprinkles. Store tightly covered.

Powassan Virus

Powassan (POW) virus is transmitted to humans by infected ticks. Approximately 60 cases of POW virus disease were reported in the United States over the past 10 years. Most cases have occurred in the Northeast and Great Lakes region. Signs and symptoms of infection can include fever, headache, vomiting, weakness, confusion, seizures, and memory loss. Long-term neurologic problems may occur. There is no specific treatment, but people with severe POW virus illnesses often need to be hospitalized to receive respiratory support, intravenous fluids, or medications to reduce swelling in the brain.



You can reduce your risk of being infected with POW virus by using tick repellents, wearing long sleeves and pants, avoiding bushy and wooded areas, and doing thorough tick checks after spending time outdoors. If you think you or a family member may have POW virus disease, it is important to consult your healthcare provider.

PREVENTING TICK BITES

AVOID DIRECT CONTACT WITH TICKS

- **Avoid wooded and bushy areas with high grass and leaf litter.**
- **Walk in the center of trails**

REPEL TICKS WITH DEET OR PERMETHRIN

- **Use repellents that contain 20 to 30% DEET on exposed skin and clothing for protection that lasts up to several hours. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.**
- **Use products that contain Permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% Permethrin. It remains protective through several washings. Pre-treat clothing is available and may be protective longer.**
- **Other repellents registered by the Environmental Protection Agency.**

FIND AND REMOVE TICKS FROM YOUR BODY

- **Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.**
- **Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks and legs, around the waist, and especially in their hair.**
- **Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.**
- **Tumble clothes in dryer on high heat for an hour to kill remaining ticks. (Some research suggests that shorter drying times may also be effective, particularly if the clothing is not wet.)**

Mayo Clinic re: drinking water, Aspirin...

As a heart patient since 1988 and a survivor of triple bypass surgery, my cardiologist has recommended most of things listed below to help prevent a heart attack, especially about drinking water. I strongly encourage all to, at least read the missive below. George Pearce

.....

GOOD THING TO KNOW! FROM THE MAYO CLINIC.

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night!!

Heart Attack and Water – Drink 1 glass of water before going to bed avoids stroke or heart attack! I never knew all of this! Interesting.....

Something else I didn't know ... I asked my Doctor why people need to urinate so much at night time.

Answer from my Cardiac Doctor:

Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower

body (legs & etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier.

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

Correct time to drink water ... Very Important. From a Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body:

2 - glasses of water after waking up – helps activate internal organs.

1 - glass of water 30 minutes before a meal – helps digestion

1 - glass of water before taking a bath – helps lower blood pressure

1 - glass of water before going to bed – avoids stroke or heart attack

I can also add to this ... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Mayo Clinic on Aspirin –

Dr. Virend Somers is a Cardiologist from the Mayo Clinic who is the lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology.

Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

- 1. If you take an aspirin or a baby aspirin once a day, take it at night.**

The reason: Aspirin has a 24 –hour “half-life”; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

- 2. Aspirin lasts a really long time in your medicine chest; for years. (When it gets old, it smells like vinegar).**

Please read on.

Something that we can do to help ourselves nice to know!

Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets.

Why keep Aspirin by your bedside? It's about Heart Attacks –

There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on

the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up.

However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: - call 911. – phone a neighbor or a family member who lives very close by.

Say “heart attack!” – Say that you have taken 2 Aspirins. – Take a seat on a chair or sofa near the front door, and wait for their arrival and ...

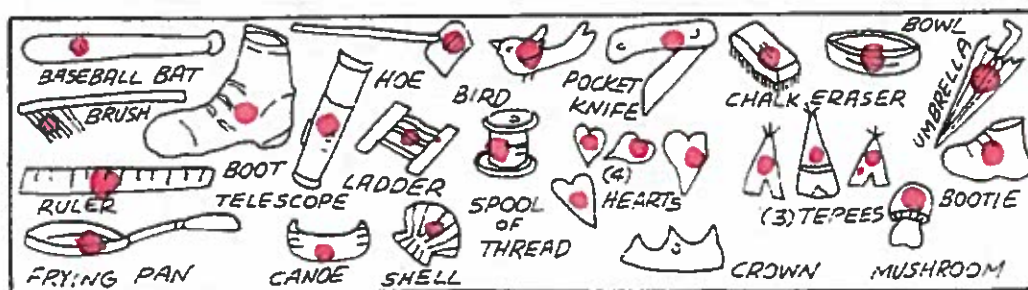
DO NOT LIE DOWN!

A Cardiologist has stated that if each person after receiving this information, send it to 10 people, probably one life could be saved!

“LIFE IS A ONE TIME GIFT” (LET’S FORWARD AND HOPE THIS WILL HELP SAVE SOME!!)”

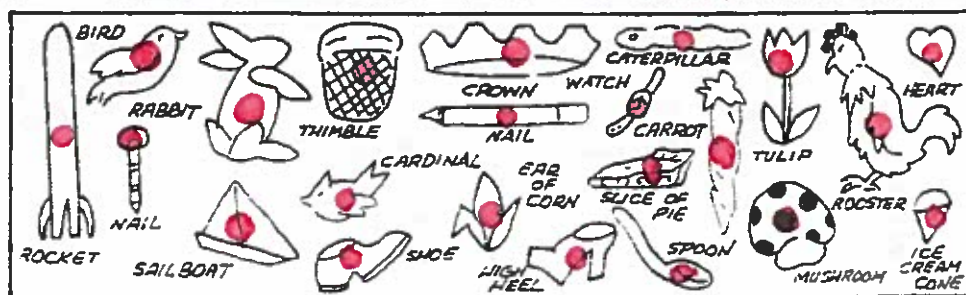
Thanks Kathy Robinson for the article.

Hidden Picture Puzzle: Mother's Day



Free worksheet provided by www.elcivics.com. Copyright Liz Ball. To order Liz's hidden picture puzzle books, send \$5.95/book plus \$2.50 shipping to: Hidden Pictures, P.O. Box 63, Tipp City, OH 45371.

Hidden Picture Puzzle: Birdhouses



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The Stockbridge-Munsee Meal site is supported through State, Federal and Tribal funding as well as donations received by you, our Elders. State grants recognize an elder at age sixty (60) years Or older and Federal grants allow Tribes to specify Native Elder status; which the SM Tribe recognizes at the age fifty-five (55) years or older.

A donation of \$1.00 is asked for meals (your spouse is eligible regardless of age). Anyone under the age of fifty-five is required to pay the current cost of \$3.00 per meal. We ask that you call at least 24 hours in advance to reserve your meal.

No Elder will be turned away, regardless of ability to pay.

Stockbridge-Munsee Elderly Services is also a satellite office of the Aging & Disability Resource Center of the Wolf River Region, which also includes the counties of Shawano, Menominee and Oconto. The ADRC offers information and assistance on issues affecting older people and those with disabilities regardless of their income. For more information call Toll Free:

1-855-492-2372 or visit www.adrcwrr.org

Stockbridge-Munsee Elderly Program
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